



The Relationship Between a Healthy Lifestyle and the Level of Physical Fitness of State Junior High School 1 Ujan Mas Students, Kepahiang Regency

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Dyan Anggita Fitri*, Yarmani, Tono Sugihartono

Abstract:

The purpose of this study is to ascertain how students' physical fitness levels at State Junior High School 1 Ujan Mas in Kepahiang Regency relate to leading a healthy lifestyle. Correlation analysis employing a quantitative approach and survey methodologies using instruments in the form of measurement tests, questionnaires for healthy lifestyles, and the TKJI test for physical fitness for individuals between the ages of 13 and 15 are the tools used in this sort of research. 336 students from the State 1 Ujan Mas Junior High School in Kepahiang Regency made up the study's population. In the meantime, 36 pupils were included in the sample process using a random sampling technique. The TKJI test and questionnaires were used to gather data. The precondition analysis test and correlation test were the methods of data analysis employed in this study. The study's findings indicate a connection between students' physical fitness levels at State Junior High School 1 Ujan Mas, Kepahiang Regency, and leading a healthy lifestyle. The decision to reject the null hypothesis (H_0) and accept the alternative hypothesis (H_a) was made because the value of r_{hitung} 0.62 is greater than r_{table} in the product moment it was obtained 0.339. This means that there is a relationship between students at State Junior High School 1 Ujan Mas, Kepahiang district, and physical fitness.

Keywords: Healthy Lifestyle, Physical Fitness, Students

1. INTRODUCTION

Physical fitness is the most important asset that a person, adult or child, should possess in the current modern period. Not only to avoid various diseases, but also to carry out various daily activities without complaints of fatigue which can hinder other activities (Alsulami et al., 2023). The more intensive the activities carried out by a person, the greater the level of physical fitness required (Angulo et al., 2020). Other factors that can impact physical fitness levels include age, gender, food consumption, smoking habits, and lifestyle (Vilar-Gomez et al., 2022). Food intake is the dominant factor that determines a person's level of physical fitness (Díaz et al., 2020).

Food, regular activity/exercise patterns, adequate sleep and not smoking are important factors for humans to improve physical fitness

(Kaminsky et al., 2022). Physical fitness is a person's dynamic degree of health which is the basis of physical ability to be able to carry out the tasks carried out (Sanford et al., 2020). Regular physical activity can benefit your health. The benefits of physical fitness can increase the ability to perform certain physical tasks, such as the ability to increase efficient body mobilization, reducing the risk of physical fatigue, psychology and stress related health risks (Collado-Mateo et al., 2021).

But in reality, there are still many students at SMP N 1 Ujan Mas, Kepahiang Regency who experience unhealthy lifestyles. For example, regarding eating and drinking patterns, there are some students who snack carelessly without paying attention to the nutrition of the food. Apart from that, there are some snack foods that do not meet health requirements, so they will harm children's health. There are still many students who do not eat before going to school, which results in disrupted concentration when receiving lessons. There are still many students who do not bring mineral water during sports activities in the morning when it is hot, which can result in dehydration. Apart from that, there are still students who don't care about environmental cleanliness by throwing away things littering, lazy to exercise and so on. This indicates that students have not implemented a healthy lifestyle in their daily lives.

These days, kids would rather play social networking games on their electronics than with their friends at

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home. prefers chatting with friends via technological gadgets to speaking with them face-to-face. Even though it's not a very far trip from home to school, some students choose to have their parents drive and pick them up, which can lead to many youngsters being unfit. youngsters are frequently pampered with parent-owned vehicles when they go to school. Children tend to become less mobile and physically active, which makes it difficult for them to carry out their everyday activities to the best of their abilities, including school-related tasks and even household chores.

Parents' desire for their children to be smart also influences rest time. After school, students are still required to take lessons based on their parents' wishes. Rest, which is so important for the mature age of junior high school students, is decreasing, this has an impact on students' fitness later. This problem can certainly be an obstacle for students to maintain physical fitness. From some of the explanations above, it can be explained that lifestyle problems have an impact on students' physical fitness, for example the problem of student attendance lists at SMPN 1 Ujan Mas which are rarely complete, there are students who have permission to go to UKS regarding complaints about physical fitness and many students experience Fatigue in attending lessons at school, especially in participating in physical education lessons, many students are lazy and experience fatigue too quickly when ordered by the teacher to warm up.

Based on this description, it is necessary to research the relationship between a healthy lifestyle and the

physical fitness level of students at State Junior High School 1 Ujan Mas.

2. MATERIAL AND METHOD

Quantitative research is used in this kind of study. [Moises & Torrentira \(2020\)](#) define quantitative research as a kind of study that employs numerical methods to analyze data and provide organized knowledge. The correlational approach is used in this research design. linking the factors that were examined and clarified. Correlation is the term used to describe the desired relationship. Thus, the correlational method searches for connections among the variables under investigation. Examining the degree to which variables in one vector are connected to changes in other components is the goal of the correlation approach. The relationship between physical fitness and a healthy lifestyle will be examined.

A questionnaire and the TKJI test were used in this study to collect data. The questionnaire measured healthy lifestyle patterns, and the TKJI test consisted of the following activities for participants aged 13 to 15: 50 meters of sprinting; 60 seconds of body lifts for boys, and as much hanging elbows for women; 60 seconds of lying down; upright jumping; and 1000 meters of running for men and 800 meters for women.

The following is the product moment correlation formula's simple correlation formula:

$$r_{XY} = \frac{N \sum XY - (\sum X)(\sum Y)}{\sqrt{[N \cdot \sum X^2 - (\sum X)^2][N \cdot \sum Y^2 - (\sum Y)^2]}} \dots\dots\dots (1)$$

3. RESULT AND DISCUSSION

Table 1. Description do Healthy Lifestyle

Interval	Criteria	F	Present
126.58 < X	Very Good	3	8%
114.82 < 126.58	Good	10	28%
103.06 < 114.82	Currently	12	33%
91.3 < 103.06	Less	10	28%
X < 91.3	Very Less	1	3%

Table 2. Description of Physical Fitness Data for Male Students

Interval	Criteria	F	Present
22 - 25	Very Good	0	0%
18 - 21	Good	3	17%
14 - 17	Currently	13	72%
10 - 13	Less	2	11%
5 - 9	Very Less	0	0%

Table 3. Description of Physical Fitness Data for Female Students

Interval	Criteria	F	Present
22 - 25	Very Good	0	0%
18 - 21	Good	3	17%
14 - 17	Currently	11	61%
10 - 13	Less	4	22%
5 - 9	Very Less	0	0%

Table 4. Normality Test

N	Fcount	Ftable	Information
36	1.1	2.4	Linear

Table 5. Calculation Results of the R Test

Group	r _{count}	r _{table}	Interval	Criteria
36	0.62	0.339	0.60 – 0.799	Strong

Physical fitness is the capacity to do daily activities without experiencing extreme fatigue and to maintain sufficient energy reserves for leisure activities and unforeseen emergencies. It is possible to get good physical fitness with the help of several things.

The purpose of this study is to determine whether students at SMPN 1 Ujan Mas Kepahiang who lead healthy lifestyles are more physically fit. The data analysis results indicate a significant connection between students at SMPN 1 Ujan Mas Kepahiang's physical fitness level and a healthy lifestyle, with the computed r correlation coefficient value of $0.627 > r_{\text{table}} 0.361$. It has been demonstrated that leading a healthy lifestyle helps kids become more physically fit; in other words, the healthier a child leads, the more fitter they are. Maintaining a healthy lifestyle and indirectly promoting physical fitness will help someone's physical state. It is very important for humans to have an influencing element body intensity, BMI, healthy clean living behavior, as well as psychology and other characteristics that are related to a healthy lifestyle and human physical fitness (Ginis et al., 2021).

A healthy lifestyle is based on food and drink, cleanliness of oneself and the environment, illness and disease, exercise and rest (Binawanti, 2022). Food and drink are the basis of a healthy lifestyle. Food and drinks that contain the nutrients the body needs, namely those that contain enough carbohydrates, protein, fat, minerals, vitamins and water. Energy, building blocks and regulatory compounds are all produced by nutritious foods and drinks (Leandro et al., 2020). The body needs energy to carry out daily tasks, so proper and good nutrition will help the body in carrying out daily activities (Ahamed et al., 2020), so that adequate and good nutrition will support the body in carrying out activities. Lack of energy will cause the body to be weak and unable to carry out activities properly. In

order to meet the needs of energy sources, it is necessary to regulate a good diet. A healthy diet is the regularity of eating hygienic and nutritious foods by paying attention to the time and ingredients they are made from (Dominguez et al., 2021).

According to Nurudeen & Toyin (2020), personal hygiene is the practice of taking care of oneself, which includes keeping bodily components including skin, hair, eyes, nose, mouth, and teeth clean. Prioritizing oneself before assisting others is crucial. The goal of personal hygiene is to help people understand its advantages, be able to clean their bodies, and be able to take care of their personal hygiene in an effort to live healthier lives. A person's physical state is correlated with their level of personal and environmental cleanliness. A person can prevent many ailments by keeping themselves clean, and when one's body is healthy, physical freshness follows.

Junior high school students' daily activities and participation in sports are correlated with their rest and exercise habits. These pupils participate actively in extracurricular activities, which has the indirect effect of raising physical fitness, which in turn raises fitness levels. His physical condition will get better. Your level of physical fitness will increase with the amount of exercise you get in each day. In order for students to maintain their physical fitness, they must engage in activities that will increase their physical fitness, such as playing sports on a regular basis and getting enough sleep. Therefore, a person should always keep good daily practices in order to preserve their physical fitness (Kalb et al., 2020).

CONCLUSION

Conclusions on the connection between physical fitness and a healthy lifestyle can be made based on the research's findings. The degree of physical fitness

exhibited by students at SMPN 1 Ujan Mas Kepahiang and a healthy lifestyle appear to be significantly correlated; the product moment correlation coefficient of 0.62, which falls within the coefficient interval of 0.610-0.79, indicates a strong correlation between the two variables. A significant test was conducted between a healthy lifestyle and physical fitness after determining the product moment correlation coefficient. The results showed that $t_{hitung} = 4,685 > t_{hitung} = 1.697$. The statement "There is a relationship between a healthy lifestyle and the level of physical fitness of students at SMPN 1 Ujan Mas Kepahiang" is what results from H_0 being rejected and H_a being accepted.

AUTHOR INFORMATION

Corresponding Authors

Yarmani, Universitas Bengkulu, Bengkulu, Indonesia

 <https://orcid.org/0009-0009-9755-861X>

Email: yarmani@unib.ac.id

Tono Sugihartono, Universitas Bengkulu, Bengkulu, Indonesia

 <https://orcid.org/0009-0000-5161-2777>

Email: tonosugihartono@unib.ac.id

Authors

Dyan Anggita Fitri, Universitas Bengkulu, Bengkulu, Indonesia

 <https://orcid.org/0009-0002-6929-5751>

Email: dyananggitafitri@gmail.com

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